

## Beach Safety Tips

- To avoid injury, stay away from piers, pilings, and jetties.
- Parents, watch your children at all times; it only takes 20 seconds for a child to drown.
- Swim near a lifeguard and obey posted rules and warning signs.
- Always swim with a buddy, never swim alone.
- Pay attention to whistles and follow the directions of lifeguards and police officers.
- Ask the lifeguard about dangerous water or weather conditions. Do not swim during electrical storms; Clear the beach and water immediately at the first sound of thunder or flash lightening.
- Beware of dangerous marine life that may be present in open water. Avoid if possible.
- Obey warning flags when posted.
  - **Red Flags** – No Swimming Allowed.
  - **Yellow Flags** – Use Caution and do not exceed waist deep water.
  - **Green Flags** – No Posting Warnings.
- Watch for dangerous waves and rip currents. If caught in a rip current, do not try to swim against it. You may call for help and/or swim parallel to shore and then to safety.
- To avoid head, neck and back injuries, never dive into waves head first.
- When body surfing, always keep your arms out in front of you to protect your head and neck.
- Protect your skin by using sun screen – reapply regularly. Also wear hats, sunglasses, and clothing to protect you from the sun. Umbrellas are effective though please DO NOT place near waterline as they will block the view of lifeguards on duty.
- Drink plenty of water while enjoying the sun and watch for signs of heat exhaustion.
- Extended breath-holding activities are dangerous. 17. Be aware of submerged hazards such as rocks, shells, wooden structures and metal objects.
- Use protective footwear when necessary.
- Call out to a lifeguard for help during duty hours.
- Dial 911 for emergencies when lifeguards are not on duty.